

5-3-1929

The Mystic, May 3, 1929

Moorhead State Teachers College

Follow this and additional works at: <https://red.mnstate.edu/mistic>

Recommended Citation

Moorhead State Teachers College, "The Mystic, May 3, 1929" (1929). *The Mystic*. 125.
<https://red.mnstate.edu/mistic/125>

This News Article is brought to you for free and open access by the Student Newspapers at Red. It has been accepted for inclusion in The Mystic by an authorized administrator of Red. For more information, please contact kramer@mnstate.edu.

Minneapolis Symphony Orchestra to Give Two Concerts Here



The College takes pleasure in presenting the Fifth Annual Arts Festival, May 4 to 6, 1929, to its visitors of the Western Minnesota District, to its Moorhead and Fargo friends, to the students of the many schools represented, and to out-of-state visitors. Above is pictured the famous Minneapolis Symphony Orchestra, which is to give two concerts on the afternoon and evening of the last day.

Tomorrow afternoon we welcome you to the Art Exhibit and Studio Reception; tomorrow evening to the Pageant, "Hiawatha"; Sunday evening to the Sacred Concert; and Monday afternoon and evening to the Symphony concerts.

ART EXHIBIT IS
FIRST FEATURE

IS TOMORROW AFTERNOON, 2 TO 5 P. M.; PROGRAM ALSO IS PLANNED

Plans have been completed for the Art Exhibit which will be held in the Art rooms Saturday afternoon, May 4, from 2 to 5 p. m., and which will be the first feature of the Arts Festival.

The Art Club and Miss McCarten will be hostesses at a tea during the exhibit in the parlors adjoining the Art rooms. Everyone is cordially invited. Special invitations have been extended to the faculty and students of the College, the Art Clubs of Concordia and the North Dakota State College.

Tea to Be Served.

Mrs. R. B. MacLean, Miss Georgina Lommen, Miss Millie Dahl, and Miss Mabel Lumley will pour tea. The servers will be Evelyn Johnson, Vesta Quitmeyer, Elizabeth Wilder, and Arla Olson. A program has also been prepared which will consist of a vocal solo, "Gray Days," by Ruth Eklund; vocal solo, "My Heart at Thy Sweet Voice," Ruth Meilicke; piano solo, "Troika," by Alvera Brown, and violin solo, "Adoration," by Roseltha Nesheim.

Exhibit Interesting.

The exhibit will consist of landscapes, still life, figure composition, lettering, illuminated parchment texts, decorative letter maxims, book plates, place cards, batik, tie and die work, leather tooling, block printing, pencil, pen and ink, free-hand, and design motifs. Some of the mediums used are water color, tempera, pastel, pencil, ink, charcoal, and linoleum blocks.

Ila Cook, Clara Springer, and Rachael Stowe will demonstrate the work of the exhibit.

Miss McCarten and every member of the Art Club are co-operating to make this exhibit and tea interesting and profitable to those who attend.

11 MORE PLACED;
43 NOW IS TOTAL

Eleven more students have been placed this week, one in a principal's position, according to the report from Miss Lommen's office. One of them is a degree student. Francis Bordsen, who is to receive his degree this spring, will teach junior high school English at Detroit Lakes. This brings the total number of students placed up to forty-five.

Those placed since last week are: Anna Dahlen, Lancaster, grades 3-4; Thelma Erickson, Stephen, 7-8; Gertrude Jones, Clinton, 7-8; Christine Lucken, Mentor, 3-4 and music.

Alice Lundgren, Lancaster, 5-6 and music; Frances Olrud, West Fargo, 3-4; Helen Sorknes, Ortonville, 4; Margaret Walz, Greenbush, 5-6; Francis Bordsen, Detroit Lakes, Freshman English; Ralph Smith, New York Mills, Principal of J. H. S.

PROGRAM

THE FIFTH ANNUAL ARTS FESTIVAL

Saturday, May 4th

Art Exhibit and Studio Reception, 2-5 P. M.—Open to Public.
Pageant, "Hiawatha," 8:20 P. M.

Sunday, May 5th

Sacred Concert, Chapel Choir, 8:20 P. M.—Open to Public.

Monday, May 6th

THE MINNEAPOLIS SYMPHONY ORCHESTRA
Soloist—GEO. MEADER—Tenor

MATINEE CONCERT, 3:30 P. M.

1. March of the Toys, from "Babes in Toyland" Herbert
2. Overture to "The Merry Wives of Windsor" Nicolai
3. Suite from the Ballet, "Sylvia" Delibes
 - I. Prelude—The Huntresses
 - II. Intermezzo—Valse lente
 - III. Pizzicati
 - IV. The Followers of Bacchus
4. "Danse Macabre," Symphonic Poem No. 3, Op. 40 Saint-Saens
Solo Violin: Harold Ayres.
5. "Czardas," from "Die Fledermaus" Strauss

EVENING CONCERT, 8:20 P. M.

With George Meader, Tenor

1. Overture to "The Marriage of Figaro" Mozart
2. Symphony No. 3, in E-Flat Major, "Eroica," Op. 55 Beethoven
 - I. Allegro con brio
 - II. Marcia funebre: Adagio assai
 - III. Scherzo: Allegro vivace
 - IV. Finale: Allegro molto (Intermission)
3. Aria, "Il mio tesoro," from "Don Giovanni" Mozart
4. Hungarian Dance in G Minor Brahms
5. (a) Aria, "Am stillen Herd" from "Die Meistersinger von Nurnberg" Wagner
(b) Aria, "Siegmund's Liebeslied" from "Die Walkure" Wagner
6. Introduction to Act III, "Lohengrin" Wagner

HIGH SCHOOLS TO
HAVE MEET HERE

MUSIC CONTEST AGAIN TO BE AT
M. S. T. C.; TEN SCHOOLS
NOW ENTERED

The District High School Music Contest will be held Saturday, May 11, in the College Auditorium with ten neighboring high schools entering for competition. The features of the contest will be soloists from all the high schools, glee clubs, and bands. Each one of the high schools either have a glee club or band, and some have both.

The high schools that have entered the music contest are: Frazee, Twin Valley, Hitterdal, Barnesville, Breckenridge, Hawley, Dilworth, Glyndon, Pelican Rapids, and the Teachers College Training School.

The local Training School will enter the band which was organized for the first time this year. Mr. Preston is busy making arrangements for the entertainment of the high school visitors.

A complete story of the contest will appear in next week's MISTIC.

REMEMBER—VOTE TODAY

Election of officers of the Student Commission and the 1930 Praeceptor Editor is being held today in the Y. M. C. A. rooms across the hall from the College postoffice. Every student is privileged to vote.

Candidates for president of the Student Commission are Alvera Brown and John Ingersoll. For Editor-in-chief of the Praeceptor the committee chosen by the Senate named Rachael Stowe, present art editor, and Stella Felde, present assistant organizations editor. No new candidates were named by petition. Candidates for all offices were introduced Wednesday at chapel assembly.

CLASS ON FIELD TRIP

The Geography of the Yellowstone class took a field trip Wednesday, April 30, east of Dilworth to the Buffalo river, where they studied exhibits of glaciation.

MacLean Returns From
Curriculum Conference

President MacLean returned this week from a trip to St. Paul, where a meeting was called of the Teachers College presidents, Commissioner J. M. McConnell, and members of the State Department of Education to discuss the four-year curriculum.

President MacLean is chairman of the committee, and reports progress in the work which is being outlined in detail for all the state teachers colleges.

PAGEANT WILL BE
TOMORROW NIGHT

HIAWATHA TO BE PRESENTED;
MORE THAN 100 STUDENTS
IN DANCES

The pageant, "Hiawatha," will be given Saturday, May 4, as the evening program for the first day of the Arts Festival.

This pageant is an adaptation by Miss Frick of Longfellow's poem, "Hiawatha," to be presented in seven parts, a prologue and six episodes.

The feature represents the combined effort of the physical education, dramatics, music, and art departments of the College. More than one hundred students participate in the dances alone, while many others assist in numerous ways. Many of the characters must be "dyed-in-the-wool" to create an Indian appearance. The scenery will provide the typical gathering place of the Indians.

Miss Frick and Miss McKellar have charge of the physical education department dances, Miss Tainter and Mr. Preston respectively supervise the dramatics and music features, and Mr. White has charge of the lighting of the stage. Miss Florence Bullard will direct the singing of Training School children.

RURAL PLAY DAY
PLANS COMPLETED

AFFILIATED SCHOOL PUPILS TO
BE GUESTS; CLASS IN
CHARGE

The plans for Rural Play Day, which is to be held on the College campus Friday, May 10, are well under way. Pupils from the following affiliated schools will be present to enjoy the day: Oak Mound, Clearview, Grover, Sunnyside, and Gunderson. The teachers from these schools and many parents are also expected to be here.

The day's fun will begin with a luncheon at noon, followed by a band concert given by the College Band, and perhaps a part of the pageant will be presented before the group.

Class in Charge.

The rest of the time will be under the direction of the Physical Education Methods class. Lyman Davis is chairman of the group and has divided the class into the following two

BRAHMS' REQUIEM
IS SUNDAY EVE

MEILICKE, SKJONSBY, SOLOISTS;
MMES. ANDERSON, TEMPLE
ARE PIANISTS

The Chapel Choir, under the direction of Mr. Preston, will render the "German Requiem," by Brahms, next Sunday evening, May 5, at 8:20, Weld Hall.

Brahms has been often ranked with Bach and Beethoven, for his compositions show a rare mastery of the technical difficulties of the art, combined with the love of poetic tonal expression which has been possessed by but few.

Brahms wrote no operas, but his beautiful songs, some as simple as the old folk song, others in the style of Schubert's art song, show his rare genius of vocal expression. His greatest choral work is the "German Requiem," composed in memory of his mother, to texts selected by himself from the Scriptures.

Seven Parts Named.

The "Requiem" is divided into seven parts and the theme for each is as follows: (1) Blessed are they that mourn, for they shall have comfort; (2) Behold, all flesh is as the grass, and all the goodness of man is as the flower of grass; for lo, the grass withereth, and the flower thereof decayeth.

(3) Lord, make me to know the measure of my days on earth, to consider my frailty, that I must perish; (4) How lovely is Thy dwelling place; O Lord of Hosts.

(5) Ye now are sorrowful; howbeit ye shall again behold me, and your heart shall be joyful, and your joy no man taketh from you; (6) Here on earth have we, continuing peace; how-

(continued on page 4)

DEMONSTRATION
WELL ATTENDED

The annual Rural School Demonstrator held on Tuesday and Wednesday of this week in the College and the rural affiliated schools, was well attended by visiting county superintendents and rural teachers.

The theme of the meeting was "How to Teach Reading," and demonstrations of reading, as well as exhibits, were held in Gunderson, Grover, Sunnyside, Clearview, and Oak Mound schools.

Jacobson Speaks.

M. L. Jacobson, of the Minnesota rural education department, was present at the demonstration, and talked to the College at chapel assembly on Wednesday.

On Tuesday evening the guests were entertained at dinner in Weld Hall, at which time the program was in charge of the Country Life Club.

On the first day lunch was held at the Gunderson school; on Wednesday at Clearview, and the visitors had refreshments at Oak Mound on Wed-

THE MISTIC

A weekly newspaper published by Moorhead State Teachers College every Friday of the college year. Printed in the College Print Shop, and issued at the College.

Entered as second class matter at the Postoffice at Moorhead, Minnesota. Subscription price, activity fee to students; all others \$1.50 a year (includes summer term).

Charter

NATIONAL SCHOLASTIC PRESS ASSOCIATION

Member

Member Moorhead Chamber of Commerce

EDITORIAL BOARD

VERA BYLER REIL

CLARENCE GLUDT

ALVERA BROWN

EVELYN BLAHA

MABEL L. SATHER

SPECIAL CONTRIBUTORS

FRANCES HALL, Alumni

HELEN SORKNES, Features

ARLA OLSON, Social News

HELEN HARVEY

VIOLA DIXON, Copy

MARGARET VOWLES, Junior High

BUSINESS STAFF

HENRY RUEGAMER, Manager

GEORGE EDWARDS, Adv. Mgr.

GEORGE SIMSON, Mgr.

RUTH ELLISON

ELAND VINZ

Typist

THEODORE WANTKE

State Editor

HENRY B. WELTZIN

Print Shop Supervisor

BYRON D. MURRAY

Faculty Adviser

100 PER CENT AMERICANS

Indians are believed to be the first race to inhabit America and there are many evidences of their presence now in many departments of our schools. Perhaps you think of the natives as being only warriors with little or no thought of beauty. If this is your idea, come to the pageant tomorrow night and become aware of the weird beauty and rhythm interwoven in their ceremonials and celebrations. Their bright coloring used in costuming and ornamenting produce a very tantalizing effect, especially when you see them awed by the presence of the Great Spirit. They may be seen washing off the war paint from their faces and smoking the peace pipe, which acts signify friendship.

It is truly time well spent when we see some of the background of primitive man.

—M. S.

TEACHERS COLLEGE MAY FESTIVAL
(From the Moorhead News)

The May Festival at the Moorhead State Teachers College is one of the outstanding events of the year. This is true not only of its importance to the College but of its value to the community. Great artists are brought in and what the people of the vicinity would not otherwise get can be enjoyed because of this institution whose interest is cultural.

While the Festival consists of a number of features, all of them highly desirable and each one of an unusually high standard, there is a climax and this year that climax is reached with the coming of the Minneapolis Symphony. This great musical organization will make but two stops in Minnesota on its annual spring tour. This year the tour is more extensive and Minneapolis, where a program will be broadcast, and Moorhead, where the symphony will be the feature of the Spring Festival, are the only stops in this state.

Already the College knows that its efforts are appreciated. The demand for tickets is unusually heavy and there are sufficient people here who like good music to guarantee that every seat will be sold. This is a great opportunity and our people are certain to take advantage of it. In this way pleasures enjoyed by the people in the larger centers are brought to our door. People are broader and finer for having heard such an organization and the cultural standards of the community are raised.

In the other events of this great week students will take part. And the College is developing talent capable of bringing real enjoyment to those who appreciate good things. A program that appeals to both eye and ear has been arranged for the satisfaction of those who wish to forsake the common level for the higher levels of life. The Festival is growing in favor and there is every reason to believe that this year will mark the high point in quality and, therefore, in appreciation.

GETTING OUT BY NOT GETTING OUT

Twice a week approximately the entire student body and a large number of faculty members gather at the chapel assemblies. Is this part of our education or is it an entertainment feature only? Quite often outsiders are asked to give an address or provide some feature for the hour. Where else but in your school could you partake of such splendid programs or find the interests of any group so closely allied?

Not only outsiders, but many students, especially student teachers, conduct the chapel exercises. This provides opportunities for all students to observe worthwhile activities which our school supports.

Why then do some students skip whenever opportunities arise? Do they think they are getting out of something by not getting anything out of it?

—M. S.

THE OPEN COLUMN

MORE ON THE COMMUNITY

I have in the last few years become very much interested in the subject, "The Teacher and Her Part in Community Affairs."

A teacher who is to help her district must be interested in doing so. She must study the people and the district in order to find out what they lack, and the best ways in which she can put across a new idea or encourage some of the social functions which already exist.

The teacher must become friendly with the people and willing to help them. If, as often is the case, she is asked to sing in the choir or give a talk at a parents meeting, she should feel it her duty to do so, even if she does not wish to; for the teacher who holds herself aloof from the people of her district cannot consider that she is fulfilling her position to the best of her ability.

The amount of activities which a

that she is helping to shape the lives of her pupils, and because of this she must make her conduct such that the pupils will respect and obey her.

—M. W.

COLETTE, THE CO-ED

Ah—another day dawns! How much longer before a few vacations start dawning. No fun around this place! I pile up my educational guides and join the hastening procession of collegiate feminism that parades from the dorm. Two and one-half minutes to go and a nut Hershey on the way. I proceed wearily on to class. Miss Isackson's sudden desire to surprise all with an unexpected morning exercise aroused momentary interest, but to no avail—my spirits would not rise.

I peacefully settled down in my allotted chair and in an optimistic frame of mind prayed that Miss Frick would allow another fifty minutes of sleep. But I had not counted upon the heroic efforts of one stalwart M. S. T. C. youth. A quiet little day dream was rudely disturbed as the huge building suddenly began to fairly rock upon its foundations. Why can't California keep her earthquakes at home? In the meantime the Almighty (and Mr. Gludt) were saving the scalps of the fair Misses Dalager and Mattson. A window may not be the most convenient exit, but it certainly is appreciated at times. It turned out to be nothing more serious than Mr. Hamrin's class in Management demonstrating the daily dozen in the room above.

Yea, after such stirring events 'tis no wonder myself had hard work calming down enough to inhale the customary coffee at the College Club. A burnt tongue dreads the—oh, you know what! In consideration of my weak heart I decided that a quiet evening of study would take up the remainder of this day of wear and tear, and accordingly journey'd up to the wide open spaces after dinner. Found after diligent search two students at remote tables. However, the restful solitude was soon broken by two seekers of knowledge. Mademoiselles Vesta and Corrine, very much disturbed, were frantically pawing all encyclopaedias in hope of finding information on "Printer's lice." Our College print-men must have their little joke and the print-women must suffer.

Disappointed in both sexes I set out for a "feed" at the room of a fellow co-ed. Later as I drifted off to sleep I decided if that olives weren't absorbed in such quantities, this old world wouldn't be such a bad place after all.

Jessamine Lunder and Pernille Larson visited at Rothsay.

Comstock Billiards

F. A. KOEPP, PROP.

Moorhead Minnesota

WHEN YOU GET THAT POSITION

SAVE UP FOR A CHEVROLET

Kiefer Auto Company

Moorhead - Minnesota

Rord Furnace Co.

SHEET METAL WORK

Warm air Furnaces Auto Radiators
Skylight Repairing & Re-covering, Cleaning.
Roofing Copper Ceres
Ventilation

MOORHEAD, MINNESOTA
1029 Center Ave. Telephone 4234

"Hosiery is our business"

Brasserie \$1.00

Alma Shoppe 204 - Broadway

Garter Belt \$1.00

Smart Hosiery for your Graduation any price you wish to pay. "Every pair must satisfy"

619 - 1st Ave. So.

Bergstrom Studio

Portraits, Tinting, Copying, Enlarging.—Reasonable Prices
Kodak Finishing—8 Hour Service—Work Guaranteed

THE FIRST HUNDRED YEARS IN A DORM
(By Dorm-ite)

I was rudely awakened by the ringing of bells and opened my eyes to behold my fair roommate frantically pulling the sheets off her bed. I calmly ask her the cause of such disturbance when she hastily darts out of the room, her arms filled with sheets and bangs the door as she goes. I now hear the all too-familiar sound of madly rushing feet on the stairs and I realize that the breakfast bell was what had awakened me and this was Tuesday morning when we all must gather our past week's supply of sheets and exchange for a new crop. Not wishing to be outshone by the previously-mentioned lady, I jump out of bed, step into my slippers, grab my smock) garb of all tardy break-fasters) and pursue. I arrive in time to occupy the seat which goes with the honor of waiting table. This worthy deed accomplished I proceed with my meal. With the single exception of having sugar unintentionally put in my coffee I fare well. This done, I hasten up four flights of stairs, strip my bed (which I forgot to do in my haste), rush down and exchange sheets, up again and complete my weekly chore of bed-making.

NEW BOOKS

American Society for the Control of Cancer. Report for 1928.
Dostoevsky, F. M.: Crime and Punishment.
Faville, Mildred: Brief History and Appreciation of Music.
Howe, H. E.: Chemistry in Industry. A co-operative work intended to give examples of the contributions made to industry by chemistry.
Report of the commission on length of elementary education (Supplementary educational monograph from Chicago University).
Rolvaag, O. E.: Peder Victorious.
Winslow, L. L.: Organization and Teaching of Art; a new and revised edition.

Margaret Taylor was the guest of Mary Robinson at her home in Mapleton, N. D.

For First Class Shoe Repairing Try the

MOORHEAD SHOE HOSPITAL AND MOCCASIN FACTORY

17 - 19, 5th St. So. Phone 214-W
C. W. Soule, Prop.

"It Pays to Look Well"

Quality Work at

LARSON'S BARBER SHOP

Center Ave. at 7th St. Moorhead

MOORHEAD HARDWARE Co.

The Winchester Store

If it's in hardware - We have it


422 Center Ave. Phone 2215

The Home of Fine Tailoring

MEL EVANSON

Moorhead, Minnesota

Customer:
"1627—
Personal Shopping Bureau, please—
Will you kindly send me two pairs of your special \$1.95 hose, size 9 1/2, and charge to my account?"



Personal Shopper:
"Yes, madam, your order will be placed immediately, and the hose delivered to you this afternoon. Thank you very kindly."

Order by telephone—anything from a bou-tonniere to a frock you have seen advertised in the paper. Save yourself many moments' shopping. Try this new service and see how very satisfactory it is. Just call 1627 and ask for the Personal Shopper.

FRED W. KRUSE Co.

Lillian Hallstrom was the guest of Doris Prichard at her home in Gardner, N. D.

1212-1st. Ave. So., Fargo, phone-3608J

See Mac For Insurance

Save money by letting Mac insure your car.

Glen C. McDonald class of '24

WE MAKE YOUR OLD SHOES LOOK LIKE NEW AT THE

THON'S SHOE HOSPITAL

Corner 4th St. & Center Ave.
Moorhead, Minnesota

DR. V. E. FREEMAN

DENTIST

First and Moorhead
National Bank Block Building

Phone Off. 854-W Res. 854-R

DR. J. H. SANDNESS

DENTIST

First State Security Bldg.
Moorhead - Minnesota

THE

FEVIG-JESTEN AGENCY

INSURANCE - BONDS - REAL ESTATE

TELEPHONE 1962 MOORHEAD, MINN.

FURS, READY-TO-WEAR and MILLINERY

Style and Quality at Moderate Prices

Shop at

JOSEPH'S

59 Broadway Fargo, N. D.

GOLDEN MAID SHOPPE

"The Home of Service and Quality"

Soda — Candy — Lunch

This is one place where sweetmeats of quality are served in a way most dainty and tasty

66 BROADWAY FARGO NORTH DAKOTA

PHOTO'S AND APPLICATION PICTURES AT A MODERATE PRICE

Satisfaction Guaranteed

A. R. Scherling

(OWL STUDIO)

115 L-2 Broadway, Fargo, N. D.

MENTAL HEALTH HABITS

(Daniel Wolford La Rue)

Editor's Note: The following article, we feel, is one of the finest things which has come to our attention for some time, and we wanted to give it to the readers of The MISTIC. It was originally printed in the May number, Journal of the N. E. A.

"But break my heart, for I must hold my tongue." Why must the heart break when speech is impossible?

A stream of nervous energy is constantly sweeping into the brain and out again. This stream of transmission, supporter of our conscious life, rises and falls, roughly in measure with our emotional condition. As the many units of your radio set may be tensely or laxly charged, so may the many million cells of the brain. With regard to the condition of "bottled lightning," James has given us ample warning. The amount of "lightning" in our nerves depends, like the amount of air in a bagpipe, on relative intake and outgo.

The stream of transmission rather regularly flows through certain open channels, leaving other possible ways closed and unused. These open channels represent our habits. Those that are important for mental health are likely to be formed by an outgush when tension is high.

First habit, then: Temper your ways according to the tension you can stand. Leave thunderbolt thrills to the blase.

Second habit: Be careful what you do while you are getting your thrill. The channels opened under pressure of powerful emotion are wide and deep. The currents of mind and deed will long flow in them. One youth has an emotion, reduces his tension by stealing something, feels relieved. Another has a similar emotion but wins his relaxation and relief through prayer. Ten years from now, unless something interferes, one will still be stealing and the other singing "Sweet hour of prayer."

In such a way do we tend to move downward or upward in our nervous systems, to "regress" or to "sublimate." And "easy is the descent to Avernus." Cultivate in your brain those regions you want to live in.

Here is a new value for the hobby and for humor. They afford us innocent ways of reducing dangerous neuromental tensions. And always cherish, as one of your hobbies, a faithful confidential friend. It is speech, and not silence, that is golden when mental deflation is necessary to avoid a blow-out.

Third habit: Let emotion rise into reason. Rousseau takes Emile into the forest, loses him, rouses in him the feelings of fear and distress. When he begins to cry, Rousseau teaches him to think, to think his way out. This is one of the most revolutionary bits of education known to me. The lesson for us here and now is, "Learn to reduce emotional tension by thinking. Afraid of your school? Think. Digested with your principal? Think. Oppressed with your worthlessness? Think. Many a teacher is enjoying only a fifty per cent success because he keeps his emotions in such a flux that his wits won't work.

Of course, where the native and in-

stinctive response is appropriate, enter into and enjoy it. I would hardly recommend thought as a substitute for laughter, unless it is the loud laughter that speaks the vacant mind. But nature gave you the top of your brains so you can do just what the lower animal does not do very much—think. So in the troublesome cases, let the rocket of your emotion burst into the stars of thought.

This does not mean that you banish your feelings, or the enjoyment of them. The "purely intellectual" person, in this sense, is a pure fool.

So important is this third habit that you scarcely need any other for mental health; that is, it will discover for you whatever else is needful. It will help you to recognize your problems and to meet them in a frank, honest, open-minded way; it will help you to assimilate all your experiences to that important body of experience which you call your "self."

Fourth habit: Point your energies outward. The lower animals do this instinctively, and remain healthy minded. But we superior creatures have inferior liberties; we can not naively discharge our emotions, as fast as they arise, in fight or hunt or the burying of bones. If we could, we should have less need to think, so far as mental health is concerned. But our energies dam up. The outer world shuts us into our shell. Repression and worry and conflict ensue. Inhibition becomes the burden of our lives. But it is a blessed burden. "All good things come out of opposition," said Heraclitus, and here is a case of it. Here is the source of our romantic love and our highest thought. But our third motto, "Think," must here be supplemented: "Think what to do."

Let us discharge our fears and worries, then, by discharging our energies in wholesome speech and action. And let us avoid the type of day-dreaming that cuts us off from the world and yields us naught but the dream—very different from ideal-building. Even a happy oyster, shut up in his shell, is hardly a fit subject for a painting. Here, again, the life-career plan saves us. Uncork and pour your energies into the world, for joy and duty's sake.

Fifth habit: Think highly of yourself—yourself. For why should the spirit of mortal be cowed? We are only a little lower than the angels, and still going up. Let us be a royal guild, and treat each other royally. We cannot quote too often the two familiar lines in which Tennyson has given us a whole course in personal mental hygiene:

Self-reverence, self-knowledge, self-control,

These three alone lead life to sovereign power.

One who lacks self-respect seems to lack the very nucleus of soul growth. Self-knowledge requires as careful study as we would make of a machine if we were going to manage it. Self-control is best attained, not by constant scrubbing with that old Dutch cleanser of the mind, a New England conscience, but by doing what reason tells you needs to be done in order to achieve that great and good purpose you have adopted.

Sixth habit: Practice the other habits!

Mary (Heimark) Hoff, '05 Alumna, Is Idaho High School Principal; Husband Is Superintendent

In answer to The MISTIC questionnaire, Mary C. Hoff, principal of the Meadows Valley High School, New Meadows, Idaho, sent in the following letter.

Dear Readers of The MISTIC:

It is a great pleasure to me to read The MISTIC, in hope of finding the names of some of my classmates of the class of 1905. I am very glad to note that Professor Ballard is still holding forth in the same old school. When I think back it seems but a very short time since I was a member of his botany and zoology classes. I shall always remember his pleasant yet serious face and manners.

After my graduation, I taught for five years in Minnesota, and then came to St. Maries, Idaho. After teaching there one year I changed my name from Heimark to Hoff, but went right on teaching. I took a vacation for one year, but was not content to stay out.

Mr. Christian Hoff of Battle Lake, Minn., is my husband, and we have been teaching together for a number of years. We have been in New Meadows for three years and are re-elected for the fourth. Mr. Hoff is superintendent and I am principal of

the Meadows Valley High School. Mr. Hoff is science teacher and athletic coach. During the past two years in basketball, his team has been the champion team on our circuit, having won all the conference games and also the trophy cup in the tournament.

My husband spent four months in the hospital, April 23 to Aug. 27, 1929, and when he did get out he had to use crutches, as his hip joint would not permit his foot to reach the floor. However, he came back to school and has carried on his work successfully and produced the winning team in basketball. He discarded his crutches a few weeks ago and now gets along with a cane.

Besides teaching Latin, a class in English, and algebra and solid geometry, I have directed the plays. Last Friday evening we gave an entertainment consisting of five short plays, and one three-act comedy. Every high school pupil had a part. Each one played his part exceedingly well.

I hope that some of the readers of The MISTIC will remember me and will write something in the paper.

Very truly yours,

Mary C. Heimark Hoff.

Gladys Hanson and Mabel Olson visited in Detroit Lakes.

Corine Haugen was the week-end guest of Margaret Welty at Wheaton.

Orvella Amundson visited at her home in Climax.

Ruth Veden, Ellen Stuntebeck, Ruby Ihle, Eldenore Schutz, Margrette Rosvold, and Beatrice Kluczny were guests of Irene Hoghaug and Bernice Duckstad at Detroit Lakes last week-end.

Elizabeth Weston visited at her home in Ulen.

Lois Miller went to her home in Gardner.

Alpha Peck was the week-end guest of Mary Haglund at Pelican Rapids.

Dorothy Regimbal visited at her home in Argyle.

SOUTHSIDE BARBER SHOP

G. A. SAUMWEBER, Prop.
Plain and Shower Baths
Moorhead Minnesota

SECURE BUSINESS EDUCATION

Let us show you how to save 20 to 35 per cent on your insurance
PEDERSON INSURANCE AGENCY
Phone 4994 Moorhead

MOORHEAD

DRY CLEANERS

Tel. 2734

Let us have your cleaning
Quality work - Reasonable

LEO KOSSICK Confectionery

The Place of Clean Recreation
Ice Cream and Lunches
Football Scores hot off the wire
Phone - 657

WALDORF BILLIARDS

706 Front Street, Fargo.

A. V. ANDERSON BAKERY

Bread, cakes and pastry
509 - 1st Avenue So.
Tel. 479 Moorhead

Full Line of Candies and Fruits

BRITT'S GROCERY

Phone 970 1020 - 7th Ave. So

FOR MOTHER'S KIND OF COOKING

eat at the

Bluebird Coffee Shop

E. M. Peterson L. A. Benson
618-Center Ave., Moorhead, Minnesota

Short Cuts to Beauty

Latest Fashions now in Mode
COMSTOCK BARBER SHOP
& BEAUTY PARLOR
MOORHEAD, MINNESOTA
(Under Comstock Hotel)

MARTINSON'S
EYES EXAMINED
GLASSES FITTED
MOORHEAD, MINN.
ERNEST PEDERSON
OPTOMETRIST

THE OLDEST BUSINESS HOUSE IN
THE RED RIVER VALLEY
ESTABLISHED 1873

MACKALL'S DRUG STORE

Books, Stationary & School Supplies
Perfumes and Toiletries
Engraved Calling Cards

510 CENTER AVENUE
MOORHEAD, MINNESOTA

"NEUBARTHS"

HANSEN JEWELRY STORE

Bring us that
next repair
Job

420 Center Avenue
Moorhead

GIVE FLOWERS

FOR WEDDINGS, BIRTHDAYS, ANNIVERSARIES,
REMEMBRANCES, ETC.

A Gift of Flowers, becomes a mark of social
"good taste" when it bears a tag from—

Phone 762 BRIGGS FLORAL CO Moorhead



JUST HAD
A Good Meal

at the

COLLEGE
CLUB
CAFE

TALK ABOUT THE SERVICE

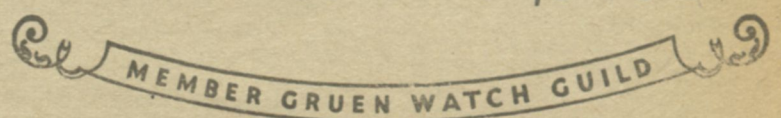
(They Serve Banquet Style)

C. W. Janneck, Prop.

1010 7th Ave. South., Moorhead



The new vogue
in costume jewelry



Many things that will add to your costume
and at prices that are reasonable

MARTINSON'S JEWELERS

MOORHEAD, 4th and Center

MISS KAUS AT KEEWATIN

A 1904 graduate, Miss Josephine Kaus, teaches grades 3 and 4 at Kewatin, Minn.

Mary Reilly Teaches In Famous Apple Country

Miss Mary C. Reilly, '23, first grade teacher in Wenatchee, Wash., will be at her home in Avondale, Mont., after a coast visit this summer.

Miss Reilly writes that she is located in a beautiful country with an ideal climate. The region is especially beautiful when the apple blossoms season arrives, at which time they have a two-day Apple Blossom Festival. The dates for this year are May 3 and 4, and one of the main events will be the parade of the school children adorned with caps, ruffs, etc.

While teaching at Twin Falls, Idaho, Miss Reilly met Agnes Maloney of 1923, who is now married and living at Pocatello, Idaho.

E. MYLLER TEACHES IN MOORHEAD JUNIOR HIGH

The bank failure ended plans for a much-anticipated Alaskan trip which was to have been enjoyed by Miss Evalyn Myller. Miss Myller is doing departmental teaching in the seventh and eighth grades of Moorhead Junior High School. She is a 1924 graduate.

Muriel Nelson spent the week-end at Mapleton.

VITAPHONE AND MOVIE TONE

NOW PLAYING
CHESTER CONKLIN in
TAXI 13

STATE

FARGO

NOW PLAYING
5 - Acts of Vaudeville - 5
WITH PHOTO-PLAY
WILLIAM HAINES in
The Duke Steps Out

Sunday May 5 2 to 11 P. M.
Continuous Performance
ALICE WHITE in
HOT STUFF

MOORHEAD

M.S.T.C. MAY HAVE CRACK RELAY TEAM;
1929 GRIDSTERS TIE ALUMNI SQUAD

COLLEGE IN PRACTICE MEET
A. C. TOMORROW; OTHER
MEETS LATER

The College track team, headed by Captain Leland Vinz, will hold a practice meet tomorrow morning with the North Dakota Agricultural College. The events on the program include the 100-yard dash, the 220, the 440, the high and low hurdles, the discus, javelin, shot-put, and a relay race.

Vinz, Lyman and William Davis, and George Edwards will make up the M. S. T. C. relay team. Three of these men, the Frazee contingent, have done some fast running in high school, and are expected to make up a real team. George Edwards is a consistently good sprinter. Much time is being spent on this event.

The practice meet is scheduled for the purpose of getting the team in shape for the dual meet scheduled with Wahpeton State School of Science on May 16.

Scoreless Tie Played.

Besides the relay team, Gilpin, Reugamer, E. Mickelson, W. Fogel, A. Kittleson, and Art Simson are out for track.

A spirited football game was played on Memorial Field Thursday, April 25, between the Alumni and former players now in school, and the 1929 prospects, the result being a scoreless tie.

Although neither side scored, the opinion of several was that the older gridsters had the ball on their opponents' end of the field a large share of the time. The fact, however, that the strong Alumni eleven was unable to push over a score speaks volumes for the new Varsity string for next season.

Season in Full Swing.

Coach Nemzek is in the field with the track and baseball men, dividing his time between them. Besides the Wahpeton dual meet on May 16, the track men are to take part in the Interstate Conference Meet at Valley City later this month.

Because of the small number out for baseball, the College nine will not schedule regular college games, but will have for incentives intramural games and perhaps a few practice games with local colleges.

REQUIEM SUNDAY

(continued from page 1)
belt, we seek one to come.

(7) Blessed are the dead which die in the Lord from henceforth, saith the Spirit. They rest from their labours and their works follow after them.

Soloists Chosen.

The soloists for the concert will be Ruth Mellicke, soprano, and Edward Skjonsby, baritone, and the accompanists will be Mrs. Eleanor Nesheim Anderson and Mrs. Esther Pullman Temple.

Others who will take part in the rendering of this concert are as follows:

Sopranos: Glee Burrows, Ruth Eklund, Katherine Hjertos, Roseltha Nesheim, Dorothy Ness, Alice Peterson, Myrtle Nordlund, Evelyn Dahl, Cora Barsness, Beatrice Dalager, Grace Dahl, Evelyn Johnson, and Annabelle LeZalla.

Altos: Clarissa Berquist, Doris Elliot, Ingeborg Oss, Lyleth Olson, Olive Anderson, Audre Casselman, Genevieve Halvorson, Eva Larson, Esther Njus, Marguerite Walz, Margaret Stinson, Ida Sherwood, Kordula Erickson, Margaret Rosvold, Mabel Fredeen, Olga Weberg, Ila Cook, Evelyn Gunderson, Marion Kroehler, Opal Dufoe, and Maxine Brown.

Basses: Dwight Sherwood, Edward Skjonsby, Arthur Skjonsby, Reuben Parson, Frank Long, Oscar Thompson, Leonard Mattson, and Ole Syverson.

Tenors: Morris Fritz, Robert Walls, Christian Schulstad, Ernest Johnson, and Eugene Gunnarson.

Chicago Y.W. Secretary
Talks to Local Group

The Y. W. C. A. had as their guest Tuesday, April 30, and Wednesday, May 1, Miss Stella Scurlock, a National Y. W. C. A. secretary from Chicago. Miss Scurlock spoke to the group at a Vesper Service held in Wheeler Hall on Tuesday, followed by a dinner in her honor in the alcove

Miss Hayes Describes
English College Life

Miss Maude Hayes gave an interesting account of English college life to the members of Lambda Phi Sigma Monday evening, April 22. She discussed the social customs, the differences of the attitudes of young men and women towards work.

It was interesting to note from this description that the men regarded work with a more nonchalant attitude, while the women seemed always hurrying about, taking their duties more seriously. Miss Hayes told how degrees were issued and discussed both study and recreation. Class distinction was also described as affecting the lives of young people in England.

MEN RETURN FROM
ST. CROIX Y. CAMP

FOUR M. S. T. C. DELEGATES AT-
TEND CONFERENCE, CABI-
NET RETREAT

Four students from M. S. T. C. represented the local Y. M. C. A. at the joint conference and Cabinet Retreat of college groups from Minnesota and Wisconsin at Camp St. Croix, Wis., April 26 to 28. The present officers, Clarence Gludt, Frank Long, and Vernon Jensen and one retiring officer, Allen Erickson, 1928-29 president, were included in the party.

Simon Nakken accompanied them as far as Minneapolis, where he visited his brother and interviewed the officers of his school at Mayer, Minn., where he will be located next year.

Visit Capitol.

The trip was made in an open Ford car; needless to say the various members enjoyed an unobstructed view of the scenery along the way and no one suffered for want of fresh air, although they averred it could have been a little warmer. They arrived in St. Paul at 2:30 Friday afternoon and spent two and a half hours enjoying a thorough inspection of the state capitol and the St. Paul Cathedral.

At five o'clock they journeyed on to the camp, which is located 30 miles southeast of St. Paul, on Lake St. Croix. This is one of the most beautiful spots in the country for a camp. The high bluffs of red and yellow clay covered with pine and oak and maple trees give it a rugged aspect that is appealing to nature lovers.

Good Talks Given.

The camp amply accommodated the sixty-odd delegates who attended and a fine program of speeches and discussions was arranged, beginning Friday evening. "Ted" Jensen, student secretary of Wisconsin, talked on "Trends of Campus Religions"; John Rodger on "Program Experiences." Dr. Walter Kotschnig of Geneva, Switzerland, talked on "The Work of International Student Service."

This was, the men report, the most interesting phase of the whole conference, as Dr. Kotschnig has an intimate and first-hand knowledge of conditions in Europe, Asia, and Africa. His primal object was to secure aid

from American students for students of European and Chinese Colleges. The present economic conditions in these countries renders higher education practically impossible.

Many Uneducated.

The ratio of the educated to the uneducated in Bulgaria runs 1 to 1300, while in United States it is 1 to 125. A Bulgarian student could spend a year at the University of Sophia for 40 dollars of American money, and yet the money is not to be had. Dr. Kotschnig, who by the way is an Austrian, earnestly wished that each college in Minnesota would raise \$40 to help one Bulgarian student to a higher education.

College Life Discussed.

Saturday evening there was a joint discussion between faculty and students on many of the most intimate and vital aspects of college life. It was a very interesting and unusual gathering.

Sunday morning the M. S. T. C. delegates started homeward. They spent several hours in Minneapolis visiting Minnehaha Falls, Fort Snelling, the University, the Pillsbury Flour Mills, and other places of interest. They returned Sunday night, arriving dusty, tired, and sunburned.

PRESIDENT VISITS
SEVERAL SCHOOLS

President MacLean returned Thursday, April 25, from a three-day field trip, during which time he brought this institution into closer touch with the schools of Minnesota. This trip was made to get in touch with former graduates of this College, to see what were the needs of the field, and to make the College of benefit to prospective students.

Mr. MacLean also renewed acquaintances with many superintendents whom he had formerly visited when he was State Inspector.

On Tuesday he visited at Rustad, Comstock, Wolverton, Breckenridge, Doran, Campbell, and Fergus Falls. On Wednesday he visited at Elbow Lake, Wendell, Evansville, Brandon, and Alexandria. Thursday he spent at Parkers Prairie, Henning, Deer Creek, Wadena, New York Mills, and Detroit Lakes, returning to Moorhead that evening.

ALUMNI NEWS

The MISTIC regrets that space in this issue forbids the publication of several interesting stories of Alumni. These will appear next week.

HUBERT ZERVAS
MEAT MARKET
Fish - Oysters
In Season

Meat and Sausages
Shipped by Parcel Post
to our country customers.
Country shipment of veal
and poultry solicited - -

Moorhead - Minnesota



THE EYES HAVE IT -

If you have an eye for a Suit or Overcoat of smart pattern and style—cast your eyes over our present stock of these fine tailored garments.

\$22.50 to \$29.50

By the way, don't forget your feet. Wear Bostonians for style and comfort.

\$6.50 to \$9.50

Others at \$5.00

Drop in Today

HUB CLOTHING CO.
THE COLLEGE MEN'S STORE
MOORHEAD, MINN.

RURAL PLAY DAY

(continued from page 1)

committees: the first having charge of the first four grades of all the schools, and the second committee conducting events of the upper grades.

First committee: Evelyn Blaha, Margaret Walz, Belinda Rauk, Iva Peacock, Beatrice Kluczny, Blanche Hopfner, Frances Kugler, and Art Simson.

Program Next Week.

Second committee: Ila Cook, Leland Vinz, Helen Kiland, Lyman Davis, Gladys Rodenberg, Gordon Grina, Gertrude Jones, Loraine Krause, and Genevieve Halvorson.

The program of the events will be published in next week's MISTIC and will be of interest to many students of the College.



Anyone can
take prize-
winning
pictures with
a \$2 Brownie.

\$30,000 in Prizes

THE EASTMAN Kodak Company is offering cash prizes of \$30,000 in the greatest contest in the history of photography. You can easily win some of this prize money—without expensive equipment and without knowing a thing about picture-making.

We have Brownie cameras here for as little as \$2—and you can take pictures with one just by pressing the lever. And those pictures will be eligible for prizes. Come in today for full details of the contest.

Use Yellow-Box Film
It Gets the Picture

Mills-Ramstad Drug
Moorhead, Minn.

J.C. PENNEY CO.
A Stitch in Time

—Saves
Your
Fashion
Reputation



The new Spring coats have arrived and there are many important things that will stamp yours as being 1929.

We haven't time to tell you about all the changes here, so we hope you'll drop in soon.

3-4-5 Broadway Fargo, N. D.

Phone
80

Alma Shoppe
Fargo's Hosiery Shop

Make this shop your hosiery headquarters

204
Bdwy

HERE IS OPPORTUNITY KNOCKING

A salary and commission position open for school man while attending school and during summer vacation. Must have confidence in himself, have good standing at school and be capable of handling men. Big income for the right man.

MANHATTAN WOOLENS, Inc.—Duluth, Minnesota.

Dr. L. P. Moos
Dentist

First State Security Building
Telephone 523-W
Moorhead, Minnesota

DR. PAUL CLARKE
DENTIST

First State Security Bldg.
Moorhead Phone 42-W

DR. G. L. GOSSLEE
PHYSICIAN AND SURGEON

Tel. Off. 365-W. House 369-R.
Over First and Moorhead
National Bank

Home Bakery

J. S. ERICKSON, Prop.
No. 518 Front Street
Phone 1329-W

EVENSON'S

"The Store of good things to
eat and good things to wear"
Telephone 528 - 529
Moorhead - Minnesota

AT YOUR SERVICE

Call on us for your present
needs or future requirements.

We have everything needed
in Education work, either
for the personal use of the
student or for the school.

NORTHERN

SCHOOL SUPPLY CO.

N. P. Avenue and 8th St.
Fargo, N. D.

VISIT THE FOUNTAIN AT

The Rexall Store

Good Service, Strict Cleanliness, And
Wholesome eats.

BOOTHS-CHAIRS-TABLES

A. S. SIGURDSON, PROP.

MOORHEAD DRUG CO.

509 CENTER AVE. PHONE 1919